

New Jersey Dept of Health Recommendations for reducing lead exposure:

Preventing Lead Poisoning

What can parents do to prevent their children from getting lead poisoning?

There are a number of simple, low-cost steps parents can take to reduce their children's lead exposure:

- DO: Wash, or have children wash, their hands frequently, especially before eating, after playing outside or on the floor, and before sleeping.
- DO: Wash frequently toys and other objects young children handle and put in their mouths.
- DO: Have everyone take off their shoes and leave at the door entrance to the home.
- DO: Keep children away from bare soil when playing outdoors.
- DO: Offer children a nutritious diet high in iron such as eggs, lean red meat, and beans. Offer children foods high in calcium such as dairy products (milk, yogurt, cheese).
- DO: Store food and liquids in lead-free containers that are not made from leaded crystal or imported pottery.
- DO: Clean at least weekly floors and windowsills by using a damp mop or sponge and detergent.
- DO: Know if any paint has lead before undertaking any renovations or remodeling projects.
- DO: Remove leaded paint using special precautions called lead-safe work practices or by hiring a contractor that is certified by the United States Environmental Protection Agency (EPA) to perform renovations in homes built before 1978.
- DO: Use only cold tap water to prepare formula, for drinking and cooking.
- DO: Run water for 15 to 30 seconds before drinking it, especially if you have not used your water for a few hours.
- DO: Wash work clothes separately from the family's laundry if parents or caregivers work in a job that uses lead.
- DO: Shower and change clothes before leaving work if your job uses lead.
- DO: Keep children away from hobbies that use lead.
- DO: Always clean-up carefully after using lead.